

Denise Johnson

- B.A., Health & Fitness Management
- M.P.H. (Physical Activity and Risk Reduction (currently enrolled))
- Certified Personal Trainer, A.C.E.
- Group Aerobic Instructor, A.F.A.A.
- 23 Years Experience Weight Lifting & Body Building

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"Helping you pursue your health and fitness goals"

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 or...
Friends and Family Training Sessions \$30
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 (Maximum three persons per group session)
 Offer expires May 15, 2003

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 4815 NE Fremont Ave. • Portland, Oregon



Monique and Angela are grateful homeowners through the HOST program.

Advertise in The Portland Observer
 call 503.388.0033 or email: ads@portlandobserver.com



REACH

Racial & Ethnic Approaches to Community Health
 A program of the African American Health Coalition, Inc.
 Sponsored by the CDC (Centers for Disease Control and Prevention)

Wellness Within REACH: Mind, Body, and Soul Activity Calendar

All classes are free of charge!

	Mon	Tues	Wed	Thurs	Fri	Sat
Matt Dishman 77 NE Knott	Strength Training 8-9am and 2-3pm Brown	Strength Training 9-11am Norris	Strength Training 8-9am and 2-3pm Brown	Strength Training 9-11am Norris	Strength Training 8-9am and 2-3pm Brown Chicago Step 6:00-7:00pm Kendrick	African Dance 10:00-11:00am Addo
Salvation Army 5325 N Williams	Salsa 6:30-7:30pm Haugland	Water Aerobics Contact AAHC 503-413-1850	Tai Chi 6:30 - 7:30pm Lyles	Water Aerobics Contact AAHC 503-413-1850		
Nature's 3535 NE 15th		Yoga 7:30-8:30pm O'Rourke		Yoga 7:30-8:30pm O'Rourke		Body Conditioning 9:30-10:30am Nickerson
Peninsula Park 700 N Portland		Walking Group # 6:00-7:00pm Nickerson		Walking Group # 6:00-7:00 pm Nickerson		Walking Group 12:30pm Nickerson
Salvation and Deliverance 5736 N Albina	Low Impact Aerobics 7:15 - 8:15pm Norris	Low Impact Aerobics 7:15 - 8:15pm Norris				Community Prayer Walk 9:00 - 10:00am Irby
Mallory Avenue Christian Church (Gym) 126 NE Alberta	Aerobics 5:30-6:20pm and 6:30-7:30pm Nickerson		Aerobics 5:30-6:20pm and 6:30-7:30pm Nickerson		Aerobics 6:30-7:30pm Nickerson	
Highland United Church of Christ 4635 NE 9th Ave.	Aerobics 6:00-7:00am Pierce	Aerobics 6:00-7:00pm Keller	Aerobics 6:00-7:00am Pierce	Aerobics 6:00-7:00pm Keller	Aerobics 6:00-7:00am Pierce	
Whitaker Track 42nd & Killingsworth		Wt. Management/ Conditioning 9:00 - 10:00am Hasan		Wt. Management/ Conditioning 9:00 - 10:00am Hasan		

**Must be 21 or older to participate. Please check with AAHC before showing up to the first class 503-413-1850. Please receive approval from your doctor before beginning exercise class.
 #meet inside Lloyd Center in front of Sears

AAHC African American Health Coalition, Inc.
 2800 N. Vancouver Ave., Suite 100 • Portland, OR 97227 • Phone: 503-413-1850
 E-mail: kdempsey@aahc-portland.org • Web: www.aahc-portland.org

'Good Deeds' Home Ownership Program Begins

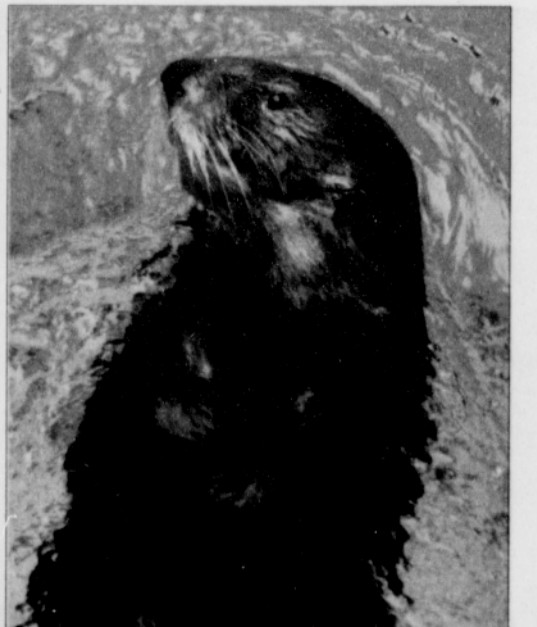
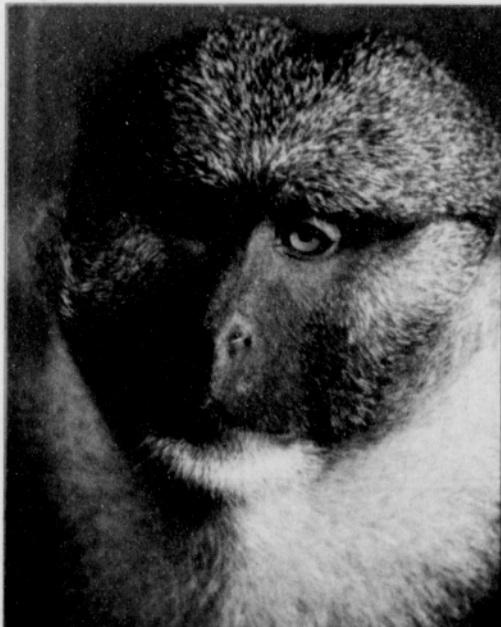
HOST Development to match hundreds of buyers to affordable homes

Between rent, bills and day-to-day expenses, many working-class families have given up on buying a home in Portland. But HOST Development, a Portland-based non-profit, is working to reverse that trend by creating home ownership opportunities for underserved buyers, people of color and single heads of households. Good Deeds, a new program launched by HOST, plans to put

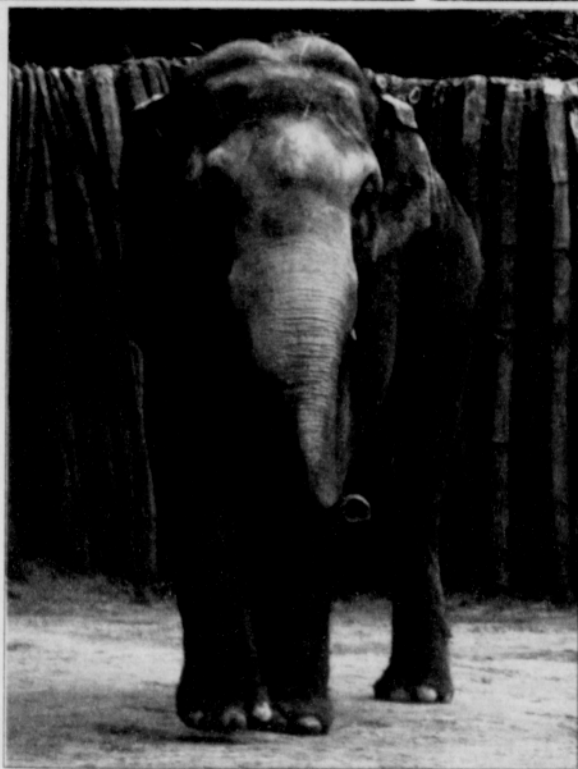
dreams into motion by creating 1,000 new homeowners in Portland by 2010. HOST visionaries see their program as preventing the ongoing gentrification in the city, and stabilizing an ailing school district. "The City of Portland entered a vicious cycle with a downward spiral," says John Miller, Executive Director of HOST. "As homes become more expensive, families must look elsewhere to live. Fewer children mean less state money to run the entire district. Less money means increased teacher/student ratios, cutbacks of programs and school days and closure of schools." Miller said the exodus of people with children multiplies as added over fears about the declining

quality of their children's education. "If we don't address this problem, Portland is going to become a childless city," he said. Good Deeds address the housing market by working with the Portland Housing Center, Portland Metropolitan Association of Realtors, Portland Public Schools, banks, title companies and insurance companies. To further build a better community, HOST asks its homebuyers to donate at least 50 hours of community service. Hands On Portland, the city's largest volunteer organization, will coordinate this pool of volunteers. For more information about this new housing option, visit www.hostdevelopment.com or www.gooddeedshomes.com.

Father's Day not Just for Humans



Dads are taking center stage at the Oregon Zoo, where your vote matters in choosing the Zoo Father of the Year. Devon, the swamp monkey, Eddie, the southern sea otter and Packy, the Asian elephant, are this year's honored contenders. An online ballot posted on the zoo's Web site at www.oregonzoo.org features photos and biographies of the candidates. Vote for the Oregon Zoo's Father of the Year online.



Street Won't Honor Martin Luther King Jr.

(AP) — Civil rights leaders are expressing frustration after the Eugene City Council voted 6-2 against renaming a major city street after Martin Luther King Jr. The vote Monday came after a year of debate over renaming Centennial Boulevard. Council members instead agreed to form a committee to study other ways of honoring the slain civil rights leader. "We're demoralized," said Ed Coleman, a civil rights advocate who led a two-block march to

City Hall before the council session. "Didn't we know that's what they were going to do?" The committee will announce its recommendation on alternative means to honor King on Sept. 17. Councilwoman Betty Taylor said she voted against the renaming because Centennial Boulevard honors Oregon's first 100 years of statehood. "I think we need to have some respect for the history of the community," she said. "I think we need to honor the wishes of the entire community."

BECAUSE NO ONE GETS INTO BARBECUE LIKE YOU DAD.



Happy Father's Day!